

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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CONSTITUTION.

Constitution or chronic intestinal stasis, as it is now officially designated, with its attendant poisoned state of the blood from time immemorial has been held responsible for most of the ills of humanity.

In the past constipated patients were piled with pills and powder, oils, salts, waters and other laxative compounds, both natural and manufactured. One after the other invariably they all failed in the end and the doctor had to be again consulted. Generally he only varied the dose of this or that or prescribed another drug, without any attempt at a thorough investigation, and generally, too, without even so much as a cursory examination. Finally the public caught the idea and ceased going to the doctor for such a minor ailment and experimented with various pills, powders and waters, such as the ingenuity of the manufacturer could devise or the druggist could suggest.

Aided and abetted by the artistic lithographer and the circus bill poster, an educational campaign for instruction on how every man may become his own physician now forms a highly suggestive background to the general landscape throughout the country. As the result of clever advertising campaigns the carrying of a box of laxative tablets, pills or candy in the pocket in order to facilitate the regular daily dose of the remedy has become habitual with a large percentage of our people.

Constitution unfortunately is not an insignificant local affair that may easily be overcome by some simple remedy but, on the contrary, it is generally a symptom of a slowly developing constitutional condition, the specific name of which will appear in the death certificate of the victim. It is only of late years that we really have begun to understand the relations existing between constipation and the rest of the body; to comprehend that functional inactivity in the gastric tract is perhaps but a part of a general functional derangement certain to end disastrously if not corrected by a comprehensive readjustment of individual habits and relations.

By far the most important factor in the maintenance of health is food. To the average individual food means something edible and palatable, which will satisfy the demands of hunger and thirst and enable him to maintain normal strength of body and mind. Up to a very recent time textbooks on physiology taught that the three chief foods of men were proteins, fats and carbohydrates. Tucked away in an obscure corner, if indeed they were at all mentioned, under the name of ash the mineral salts received a bare mention, the author usually explaining that little or nothing was known of their action in physiology.

Recently we have come to understand that not only are there many proteins and that some proteins do not alone suffice to sustain human life, but we have come to understand also that proteins, fats and carbohydrates are not the three chief foods of man.

Going back through millions of years to the single cell, to the ameba state of existence, we find that the primary food elements were, and still are, air, water and mineral salts. Coming up the long ladder of progressive animal evolution, we finally come to a period where proteins, fats and carbohydrates, in fixed definiteness and proportion, became necessary to us as vertebrates; and, while these three classes of foods are absolutely vital to our existence as higher animals, we are beginning to comprehend that they are still subsidiary to the first three—exactly as our more recently acquired brain, superimposed on our primitive sympathetic system, has recently been demonstrated to be subsidiary to the ductless gland system comprising our primordial nervous system.

The individual workers of the body, the cells composing our bodies, are nourished by the blood stream, and the most valuable components of that wonderful fluid are known to be the mineral salts, and these are absolutely necessary to maintain the normal composition and activity of the individual cell; hence the same must be true of the complete organism, because the organism is constructed out of the blood stream.

IN A CLASS BY HIMSELF

Lunatic's Caustic Comment on Clergyman Who Had Agreed With Him to Murder Him.

A certain clergyman paid a visit to an insane asylum in the south of England. Getting into conversation with one of the patients he humored him by agreeing with everything he said. The following conversation resulted: "Don't you think it dreadful," remarked the patient, "that Mrs. Pankhurst should murder the premier in order to advance the cause of woman's suffrage?"

"Yes," replied the cleric, "most regrettable."

"And is Mary Langtry getting as big congregations at Farm street as Father Vaughan since she was offered the pulpit?"

"Yes; in fact they are perceptibly increasing."

"And King George; has he recovered from his pugilistic encounter with John Ward?"

"The latest accounts speak of his

Any blood which is formed from improper food, or from proper food improperly prepared or badly cooked, is chemically of a poor quality and cannot furnish the right material for the upbuilding and normal functioning of the individual. Constipation is positive evidence of defective metabolism resulting from inadequate food elements, and only will be corrected by the correction of one's personal food intake and general habits. The habitual use of laxatives is useless and dangerous.

CAUSES OF CONSTIPATION.

Habitual use of laxatives is useless and dangerous. That positive statement is made in the light of 25 years' observation of cases that have persistently followed the laxative habit because it appeared to be vastly easier to take a simple little pill, guaranteed to produce satisfactory results, than it was to follow an intelligently planned but necessarily prolonged dietetic regime. Herein lies the prestige and the charm of the purgative habit: It is the can opener principle. You buy physiological activity instead of making it yourself according to the laws of nature, and thereby beat nature at her own game. It is quick and easy; results are "guaranteed."

What constitutes constipation? As a rule few seek to analyze this question, but content themselves with the bare fact that there seems to be some lack of activity along the 35 feet of intestinal canal which appears to require correction. Then, without the least thought as to the ultimate results, one or more of the 60 odd traditional remedies are blindly recommended, or perhaps a supposed remedy may even be used solely on hearsay evidence by and from one absolutely without knowledge concerning the functional requirements of the human machine. In this connection there is food for thought in the following statement from one of our highest authorities: "Drugs of unknown physiological action cannot conscientiously be set to act upon bodily tissues in disease in which we are ignorant of deviations from the normal."

What are the deviations from the normal in constipation? Contributions from the experimental physiologists, the clinician, the radiographer and the surgeon have only very recently enabled us to begin to understand the probable causes of constipation. We are finding that there are many causes and that very often the constipation is only a symptom of graver conditions than a "simple intestinal inactivity." Von Noorden, Boas, Strasburger and most of all, Adolf Schmidt have added enormously to our fund of knowledge as to the physiology, mechanics and pathology of the alimentary tract.

Microscopic investigation of the feces under such conditions frequently discloses the fact that many cases of chronic constipation are due to the fact that the digestion is too good. Starling and Baylis proved that intestinal stasis, or constipation, is due to a diminution of an internal secretion, to a lack of the "hormones."

The radiographer by means of the bismuth test meal is able to show to the naked eye the actual waves and contortions of the intestinal canal and has disclosed dislocated organs, festooned colon, dilated and knicked canals unsuspected by earlier clinical methods.

The surgeon uncovers adhesions, ulcers and similar conditions often unsuspected from any definite symptoms. In addition to all the above conditions which may easily account for constipation, there is another cause not generally considered. Physiology teaches us that the expulsion of fecal matter from the intestines takes place in such a manner that the contents therein act as a kind of independent body with stimulating action upon the walls of the intestines and the plexus myentericus, a network of sympathetic nerves situated between the longitudinal and the circular muscular layers of the intestinal tract. As a result there follows a contraction of the walls of the intestines and their contents are expelled.

All nerves, the plexus myentericus included, are under the control of the central nervous system, which creates motor impulses through the medium of the pneumogastric nerve (vagus), so that strong emotions, mental shock and the like may by reason of the irritation of the pneumogastric (vagus), the motor nerve of the intestines, produce a movement of the bowels, or an inhibitory or restraining influence through the intervention of the splanchnic (visceral) nerves may cause a check to the peristaltic movements. Obviously, then, mental states may also be at the bottom of some cases of constipation. But without any discrimination whatever the amateur, ignorant of the possible conditions, takes and recommends remedies promiscuously. And society stands aghast and puzzled at the increase of crime and disease.

What is required more than all else is the practice of sane personal hygiene.

gradual recovery," was the meek reply.

The lunatic stopped and eyed the minister.

"You're a parson, ain't you, and know the Bible through and through?"

The clergyman acquiesced.

"Well," exclaimed the weak-minded one with a grin, "all I've got to say is that you can give Ananias 20 years start and win easily!"

Only Fossilized Flea.

The history of the flea would seem to go back many centuries, but the only fossil remains of a flea that have, so far, been discovered are a single insect in a piece of Baltic amber. The flea, according to Mr. Russell, is admirably preserved by its semitransparent surroundings, and is in the collection of Professor Klebs. "When we consider," says Mr. Russell, "how remote are the chances that a flea should get imbedded in amber and should subsequently be detected and described by a naturalist, we may well understand that the owner has asked (but without success) £1,200 for it."

GOOD FOR EITHER FARM OR VILLAGE

Plans for Cozy Cottage That Has Been Designed for a Dual Purpose.

HAS MANY EXCELLENT POINTS

Extreme of Comfort in Interior, With Most Artistic Outside Appearance, Has Been Achieved by the Perfectly Drawn Plans of the Architect.

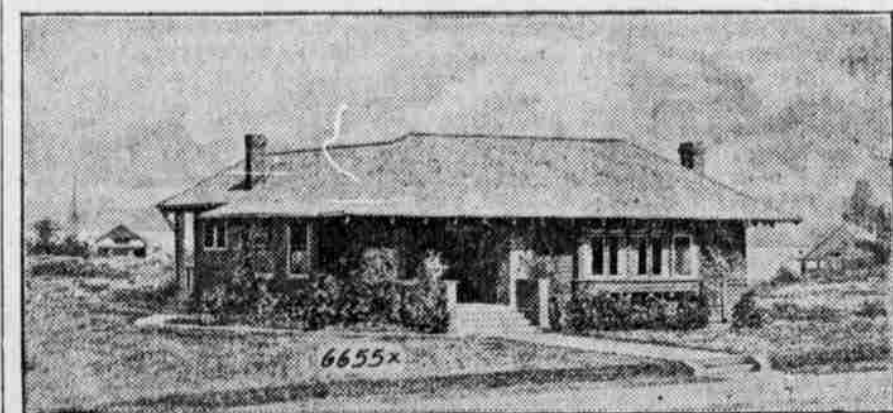
A cozy cottage for either farm or village is shown in the perspective and detail drawings.

This design proves that a farm cottage may be ornamental as well as useful and it may contain most of the so-called improvements. Pumping engines are becoming so common on farms that home waterworks simply amount to supplying a tank and the necessary piping, together with a small expenditure of money for a kitchen sink and the necessary bathroom fixtures. As small a sum as \$100 will pay for the whole outfit if the cheaper kinds of enamel ware are selected. The water pipe and fittings cost the same in any case, except that higher prices are sometimes paid for small quantities.

Kerosene and gasoline engines have been so much improved that pumping water for house and barn use on the farm is quite a pleasant job. The cost of a house water tap is less than it costs in the cities when figured according to proper bookkeeping methods. The yearly cost is figured by charging six per cent interest on the investment and ten per cent for the depreciation, but the plant is credited with the labor of pumping by hand for both the house and barn, so that a balance is always put to the credit of the waterworks system.

The front of this beautiful little cottage is made attractive by the manner in which it is designed to give it such a comfortable, cozy appearance.

It will be noticed that the concrete walk is wide and that it leads up to

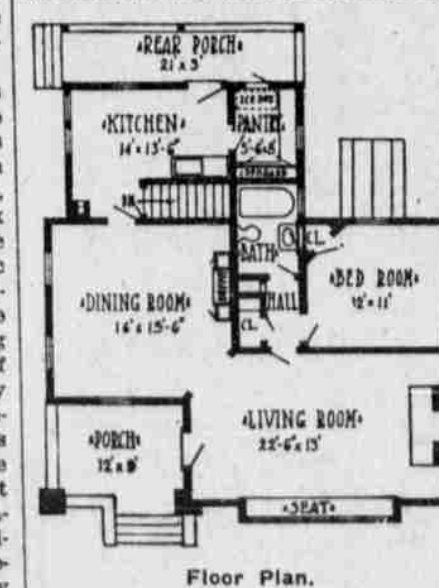


the level of the built-in corner porch by means of wide concrete steps with easy treads and risers.

The overhanging porch is supported by one heavy column built up of rough surface brick in a manner to convey a distinctive characteristic effect. Also the casement window which lights the large living room is an interesting feature.

The projection of the window box answers a useful purpose inside of the big living room by providing a wide, comfortable, well-lighted window seat, a pleasant place for lounging or reading.

In building such an extension window to be occupied for reading or sewing in the winter time requires more careful work than carpenters are in the habit of giving to outside house construction. A carpenter that will fit building paper carefully around an ordinary door or window would rather tear off a corner of the paper when it comes to a projection like this, simply because the work is unusual and



Floor Plan.

requires a little ingenuity to make the turns and splices. But the desired results are well worth a little extra care and time to piece out the building paper to make it cover all corners and openings left between the sheathing boards.

An extra hour's work spent in this way will be worth dollars every winter so long as the house stands.

The general manner of building provides an extension to the main building which runs back about eighteen feet to make room for kitchen, pantry and back veranda. The bathroom also takes up some space in the extension.

A cellar stair goes down from the kitchen and has a landing with steps turning to the right into the furnace cellar or to the left into the storage cellar.

The cellar walls are built in such a way that a solid concrete or stone wall divides the cold storage part of the cellar from the furnace room. This wall makes it possible to have a storage room that is cool in summer and cold in winter, so that fruit and vegetables may be kept in good condition until spring. It costs but little more to build a foundation wall in this way, but the satisfaction is permanent. Unless the bottom part of a house is right the superstructure loses part of its value. Without such partition walls it often is a choice between hav-

ing a furnace and doing without. A furnace spoils the cellar for storage purposes, but with this arrangement the furnace simply warms the laundry room to a temperature that is agreeable on wash days.

The laundry tubs and fixtures in this basement plan are placed in front of the large outside door, where they are convenient to the outside steps. This outdoor stair also is intended for use at other times, such as cleaning out the furnace or getting in coal and vegetables for the winter. In fact, it becomes very useful every day in the fall and about twice a week all winter.

The large front chimney is intended for looks. It makes a splendid appearance in that end of the house, as the chimney brick is partly exposed. There also is an extra large flue in this chimney for the furnace smoke pipe.

The plan of the rooms provides for living room, dining room and kitchen and one bedroom. However, the wide window seat in the living room makes very comfortable sleeping quarters for children or when there are three grownups in the family.

The kitchen is made especially large to make room for a dining table when there are extra men in for meals. Farm houses are not complete without an extra dining table for use on such occasions. Also a table in the kitchen is a great convenience for early morning breakfasts, the kind that most farmers are supposed to have.

The rear of this little house may be made as attractive as the front by fitting the rear veranda with wire screens and by growing a climbing vine or two for protection against the sun, as well as for looks. This veranda is 21 feet by 5 feet in size, which makes a splendid addition to the kitchen in summer time. It is also a protection against storms in the winter.

Such small houses on farms are not expensive to build and they make comfortable homes for owners of small farms. Such houses help out materially to solve the help problem on large farms. You couldn't drive a married man away from a cottage like this. Not if he has a family of small children.

The idea has been tried on a good many large farms in the East and it works all right.

It is not necessary to use expensive interior woodwork or finish, but the shell of the house should be built with sheathing and building paper carefully put on to make the little house com-

fortable in winter. It is just as necessary to keep out the heat as it is to keep out the cold. A furnace may be left out for a while after building, but the big chimney is worth more than it costs. It should be made a feature to talk about.

The increased selling value of the farm on account of having such a beautiful cottage house on it is another business argument when it comes to weighing the merits of real comfortable farm equipment.

Kept Away From Trouble.

An old colored man was given a complimentary ticket for a New York theater. He took in the performance from the gallery, dressed up in his Sunday attire. He had not seen any more than 30 minutes of the performance when he emerged shaking his head. "Don't you like the performance?" inquired the doorman. "No, sir; I don't like them performances no way you kin fix it." "Why, what's the matter?" "Nothing much, 'ceptin' a white lady on the stage got talkin' 'bout family affairs with the husband of another lady, and I don't propose to stay. My old master down in Virginia got shot plum to pieces for doing that sort of foolishness. There's always trouble where that sort of foolishness is going on, and I see a judgmental person, I is. I don't want to be shot in the leg by mistake, or be brought up as a witness in the case when it strikes the court."

Well-Tempered Living.

The statistics of insanity show that the minds of men and women are often made aberrant through the steady drive of environment, in which the simple life and the spurring city life are equally at fault. The figures show the per capita of insanity differs little in city and country. Rural solitude and the abnormal life of the city are alike responsible for mental diseases. It is as for him to be too much alone as it is for him to be too much alone. The inquiries of investigators and the judgment of specialists in the diseases of mind and body tell us that the well tempered life, void of excesses, is the plane upon which men and women best endure in mental and bodily health; a temperance of thought and a temperance of action in an environment in which the individual is neither submerged by human society nor detached from it.

Unrest and Causes.

A nation without unrest is a nation dead or dying. The causes of unrest are beyond the scope of any commission, and those who would administer nostrums for the relief of unrest are like quacks who never treat the afflicted but make all of their marvelous cures among those who have nothing the matter with them. Unrest is to be seen everywhere in this country, as it always should be, but nevertheless it is personal. Wherever injustice is found it is comprehensive, embracing communities and states. Why waste governmental energy upon unrest, which is forever at war with injustice on its own account, when there is such splendid fighting to be done against wrong all along the line?—New York World.

Ready With Explanation.

William was given a special warning by his mother that he was not to go in the pantry under any conditions when permission had not been given him either by his mother or by the governess. The governess, returning one day, found little William along with a neighbor's child of about the same age, in the pantry. The governess started to give William a lecture, but she hardly had time to say anything before William broke in with, "Miss Johnson, I was just showing Henry where he should never go."

BOTH ORATORS AND WRITERS

English Newspaper Comments on Dual Qualities of Those Who Have Been Called Great.

An enticing subject for discussion is the writer as orator. It is, of course, undeniable that the mental processes belonging to two orders of expression are wholly different, but, says a correspondent of the Manchester Guardian, I should challenge very strongly the contention that the good writer is seldom a good speaker.

Putting aside Burke, Gladstone, Bright and others who cannot properly be put into classes, I submit that the number of modern writers who have been fine speakers is very large. Canning and Disraeli could write and speak equally well. Macaulay, although, as you remark, he memorized his speeches, was among the great parliamentary orators of the reform era. The memorizing, by the way, was not his fault. He could not help knowing word for word everything that he prepared, and he accomplished the extraordinary feat of writing out for publication in his last years, when he was too ill for original work, the orations which he had spoken ten or twenty years earlier.

Coleridge, his admirers thought, was a marvelous speaker. Dickens was almost without a rival after dinner. Public speaking was a torment to Ruskin as to Carlyle, but those who heard him never forgot the experience. Matthew Arnold was a poor speaker. Thackeray on the platform was pitiful. But let me suggest a few other examples. Lord Rosebery is an orator and an accomplished author. Mr. Balfour, when he likes, can write like an angel, and there are few more deadly debaters.

Lord Morley will live as a writer, but he has made great speeches. Lord Curzon writes exactly as he speaks, and with about equal facility and force. In their entirely different ways Lord Haldane and Mr. Birrell enjoy the dual faculty. They consider Mr. Chesterton and Bernard Shaw, it certainly respects the greatest master of public speech as of written English alive today. And not to extend the list, there is W. B. Yeats, in whom are combined poetic genius, a fine command of prose and a gift of speech which at its best is perfect.

Uncle Sam's Name.

Like many other popular customs, the general acceptance of the name "Uncle Sam" is traceable to a small incident. The occurrence is just 100 years old, and is associated with Troy, N. Y., where, after the war of 1812, Elbert Anderson, an army contractor, purchased a quantity of provisions. One of the official provision inspectors was Samuel Wilson, who, because of his popularity, was generally referred to as "Uncle Sam Wilson."

The boxes of provisions were stamped E. A. U. S., the first two being the initials of Elbert Anderson and the last two the usual abbreviation for United States. When one of the men engaged in the work of transferring the boxes was asked one day what the letters stood for, he replied, jokingly, that they stood for Elbert Anderson and Uncle Sam, meaning Wilson.

The remark "caught on," and after being communicated from point to point in army circles spread over the country.

Room for Two.

When a talk about the German invasion of England was going on, a militiaman, stationed in Carrickfergus, was heard to remark that immediately the enemy landed in England he would certainly bolt, taking a good stock of provisions, and hide in a convenient cave he knew of.

The colonel, hearing of his unpatriotic resolve, called him out next day on parade, and lectured him severely on his cowardice.

"You're a disgrace to the regiment and the Service-at-large," he cried. "Fancy you threatening to run away; but I'd be after you in quick time, my man, never fear."

"Sure, an' you'd be welcome, your honor; but bring yer own prates an' things, won't yer, colonel?"—London Tit-Bits.

Tin Rapidly Disappearing.

With regard to the future use of tin, it may be said that we are dealing with the one metal whose known reserves are entirely inadequate to even the present demands and that unless some new source of supply is developed very soon we may expect to find that tin is a very scarce metal indeed.

Of the present sources of tin ore supply, says the Engineering Magazine, most are either stationary or receding in output, Bolivia being the only one which gives promise of permanency and of future growth. Under the conditions the question of substitute metals becomes of importance, and aluminum, zinc and steel all have some possibility in this direction in one way or another.

Mountain Climbing.

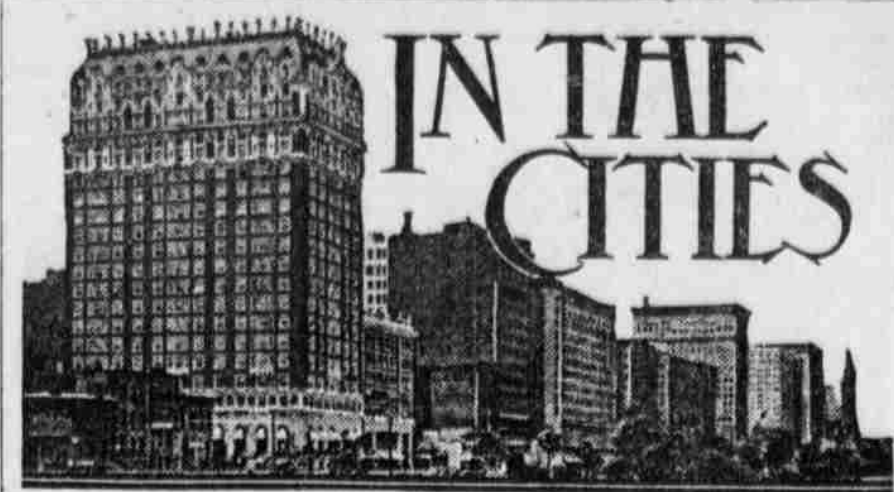
Melchior Andreag, the famous Swiss guide, who has died, at the age of eighty-six, could remember the time when mountaineering as a popular pastime had not been invented. Such was evidently the case in 1838, the year when Murray's first Handbook to Switzerland was issued. In the section of this work devoted to Mont Blanc the author contemptuously points out that "it is a somewhat remarkable fact that a large proportion of those who have made the ascent of this mountain have been persons of unsound mind."

Diamonds Forced on Market.

The war in Europe has played havoc with the diamond trade in those countries. Private owners have been forced to dispose of their treasures to an extent that cannot be known, but wealthy dealers have confessed that they are "loaded down" with all sorts of precious stones by persons whose necks, hair, arms and fingers had glittered with them for long years. Many of them heirlooms in great families now impoverished.

Undiscovered Oceans of Truth.

"We may be justly proud of what has been achieved, but let us not fail to remember with Newton that 'the vast ocean of truth' still lies for the most part 'undiscovered before us.' However marked may be the progress of science, her individual votaries must always feel a sense of humility at the little best of them is able to contribute toward the general result."—Sir Edward Schreier, in an Address to the British Association.



How New York's Subway Guards Earn Their Wages

NEW YORK.—The New York subway company selects its burliest and most honest employees to act as platform guards. It might be thought a waste of good money by some to pay \$10 to \$12 a week for untrained ushers to trains, when the passengers could just as well step into the trains and find seats for themselves. But such a thought could only find lodgment in the brain of some denizen of Medicine Hat, whose opinions on many subjects would be much more reasonable than those of the concealed, dyed-in-the-wool "subwaiter."

The latter may be densely ignorant and believe the world ends in a void just west of Hoboken, but he knows that each platform guard is supposed to and does earn just 50 cents for the subway company whenever he slams a door.

Unassisted, the passengers would only crowd into the door until they filled the space, touching each other solidly on every side. Then from the rear comes a guard, roaring, "Step into the car! Move inside!" About the door is a fringe of those who would get in but cannot. Into them the guard catapults. He spreads his arms wide, and by some inconceivable summoning of brute force, he jams ten persons through the door.

Some of those already in slip up and slip down, and perhaps a few dislocate a shoulder or so. But holding his victims in with one arm, the guard hauls the door with the other. Perhaps he finds he has gone too far and is half in, half out. Then the guard seizes one or two of the outermost passengers, cries "Don't be rough," and throws them back on to the platform. In these rare cases it is usually found the guard has made a mistake and shoved in twelve or fifteen instead of the regulation ten.

Fire "Fan" in Chicago Is Host at His Own Blaze

CHICAGO.—William P. Stewart is a fire fan. So is his wife. A big fire brings them out almost as surely as it brings the engines. There being no fires of importance to occupy their attention, Mr. and Mrs. Stewart motored to the Stratford one night recently with a party of dancing friends. When they left the hotel and piled into Mr. Stewart's machine the early morning air was filled with familiar, stirring sounds—whistles, whappings, puffings, and pantings.

"Fire!" announced Mr. Stewart genially. "And in the loop, too. What luck! We go?"

"Of course we'll go," chorused the guests in the tonneau. Mr. Stewart jerked a lever and up Michigan avenue fled the touring car, hood and hood with a motor fire truck. At Randolph street the truck slowed and turned west. In front of a building opposite the public library it stopped, joining a fleet of other apparatus.

With rather more than his usual interest in such proceedings Mr. Stewart watched the pipemen while they hooked up a line of hose and carried it into the building. Then he turned to his guests.

"I came to look on," he said, "but it looks as if I were going to be part of the show. That's my buildings that's burning—70 East Randolph street."

A "4-11" and several special calls for more apparatus were sent in, but it was hours before the blaze was under control. Mr. Stewart made some hasty calculations and announced that the building had been damaged to the extent of about \$175,000.

"I am sorry it had to be my building," remarked Mr. Stewart to his fellow fans as he turned the motor homeward. "But—didn't it make a dandy fire!"

Why San Francisco Girl Tied Up Street Traffic

SAN FRANCISCO.—She would not let the policeman touch it, nor would she let her escort touch it; a woman offered to help, but she also was waved aside, and as a result traffic was halted at Broadway and Seventh street, and for a time it looked as though Traffic Officer Buchanan would have to send in a riot call to clear the crossing of stalled "jitneys" and one hundred or more staring males who were waiting to see what the outcome would be.

This all happened when a young woman stepped into the maze of traffic at the corner. As she ran across the street seeking to dodge skidding automobiles and hurrying pedestrians a look of pain spread across her face and she came to an abrupt stop.

A motorman on a street car clanged his gong, but the young lady refused to move; a "jitney" bus skidded to the sidewalk in an effort to keep from striking the girl, who stood like a statue. Then Officer Buchanan came to her assistance with an offer of help, which was indignantly refused.

While the officer was wondering what to do next to relieve the fast-growing congestion of the street, the young lady dropped her bundles, stooped down and removed a small foot from a dainty slipper, the heel of which had been caught in the "frog" of the street car track. On one foot she hopped to the corner drug store while the policeman followed with the slipper. To one of the girl clerks in the store she confided that there was a hole in the heel of her silk hose, and that was the reason she declined all help.

Baltimore Provides for Thirsty Cats and Dogs

BALTIMORE.—This city has erected and recently unveiled a beautiful decorative fountain at the intersection of Fallway and Guilford avenue, in commemoration of the covering of Jones Falls, the building of the Fallway and the redemption of the land. This fountain is possibly unique in that it has provision for thirsty cats and dogs in the shape of a small trough just above the level of the walk that surrounds the structure. It has a large trough for horses and a bubbling fountain for human beings.

The provision for cats and dogs was made at the suggestion of a fashionably dressed woman who walked into the office of the chief engineer when plans were being prepared for the commemorative fountain.

"I understand it will be for horses and pedestrians," she said, "and I came to ask you not to forget the cats and dogs." She refused to give her name, but the suggestion has been carried out.

The fountain is adorned with the figure of a woman, in a sitting position. She holds an urn and from this the water is kept continually flowing, calling to the minds of generations that old Jones Falls is still running beneath the Fallway. The decoration was designed by Hans Schuler. The figure is seven feet high. The fountain was designed by Andrew J. Fietch, the architect. It bears the names of all who were instrumental in the establishment of the Fallway.

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